

21st Century Gluteal Training Workshop

This informative workshop will present the latest research on anatomy, biomechanics and strength training techniques for gluteal muscle activation and strengthening. With gluteal muscle weakness being a common contributor to many pathologies such as low back pain, patellofemoral pain, anterior hip pain and hamstring and groin strains to name a few, the information gained from this workshop will help improve your client's strength, function and sporting performance.

The workshop will address the following questions and more...

- Are squats the best way to strengthen the gluteal muscles?
- What makes the gluteus maximus the *powerhouse* of the human body?
- Are open-chain exercises worthwhile?
- Can low load activation exercises increase power production?
- What are the reasons behind valgus collapse?
- Why is the gluteus maximus a walking paradox?

Within this workshop you will be given practical and video demonstrations of gluteal exercises, exercise continuums for all basic lower body movement patterns and programme design implications and practical tips.

Presenter Profile:

Bret Contreras – has a Master's Degree from Arizona State University and a Certified Strength and Conditioning Specialist Certificate from the National Strength and Conditioning Association. He is currently pursuing his PhD in Strength and Conditioning at AUT University. Bret writes for many popular fitness magazines and maintains a daily blog at [www. BretContreras.com](http://www.BretContreras.com).

Date: Saturday 17th September 2011

Time: 9am – 5pm

Venue: AUT University, North Shore Campus

Price: \$150.00

AUT full time students will receive a discount



Students receive 5 REPS CEC Credits for completing this workshop

For more information and to enrol please contact:

Natasha Paget

Short Course Coordinator – Sport and Recreation

Ph: 09 921 9999 ext 7503

Email: fitnessinfo@aut.ac.nz

